



CANTEEN MENU

Prepared for:

Wanganui Park Secondary College



The Healthy Choices...

Sandwiches

multigrain and white Bread sandwich with a selection of fillings including:	
Toasted	0.40
Ham, Tuna or Plain Salad	4.00
Roasted Skinless Chicken	4.00
Cheese	3.00
Vegemite	3.00
Tomato	3.00
Cheese & Tomato	3.50
Cheese & Vegemite	3.50
Egg & Lettuce	3.50
Ham and salad	4.50
Chicken and salad	4.50
Tuna and salad	4.50
Savoury Roll with Cheese	2.20
Hawaiian Roll	2.00
Savoury Roll	2.00
Roll/wrap/foccacia extra	0.50

Healthy Choice Snacks...

Variety of Homemade Cakes, Slices and Muffins	
Jelly Cups	1.50
Fresh Fruit	1.00
Carrot and Cucumber Sticks , dips	1.20
Cookie	1.00
Cookie Large	2.00
Popcorn, JJs Snacks and Red Rock Snacks	1.20
Homemade Fruit Salad	4.00

Drinks and Frozen Treats...

Berri Juice	3.50
Water	2.50
Nippys	3.50
Just Juice	2.00
Big M ass flavours	3.50
Focus Sports Water	2.00
Iced Tea	4.00
Ice Cream Cups	1.50
Moosies	1.20
Paddlepops	1.50
Callipos	1.00
Icy Twists	1.00
Crusha	1.00

Salads

Variety Rotating on a Daily Basis	
Pasta, Rice, Tossed Salad, Potato, Coleslaw	4.50

Lots of fresh foods prepared daily other than the basics on the menu.

Daily Home Style Meals

Changing on a Daily Basis

Quiche	
Lasagne	
Stir Fries	
Fried Rice	
Casseroles	
Roast of the Day	
Hokkien Noodles	
Baked/Scalloped Potato	
Meat and Vegetarian Pastas	

Light Snacks available Recess and Lunch

Yoghurt	2.50
Muffins assorted	3.00
Coffee Scrolls	3.00
Sweet Chilli Chicken wraps/subs	4.50
Beef Burgers	4.50
Chicken Burgers	4.50
Good Eating Mrs Macs pie	4.00
Good Eating Sausage roll	3.50
Dim Sims 1 for \$1 or 3 for \$2.50 (recess only)	1.00
Egg and Bacon Roll	4.00

Prices include GST and are subject to change

